

GREEN & BLUE SOCIAL PRESCRIBING

2025 GUIDE FOR REFERRAL PARTNERS



SOUL TRAIL





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ABOUT US

The Nature Consortia is made up of 3 organisations who all support and aim to alleviate mental health stresses through nature based activity for women only, including transwomen.



Open Minds Active provide swimming based wellbeing activities across Bristol, helping people connect with nature in blue spaces to improve mental health and reduce social isolation.

Soul Trail Wellbeing C.I.C is a non profit organisation offering inclusive nature trails and workshops to communities who need it the most.



SOUL TRAIL



ActiveBeing use physical movement to connect with others, nature, and creativity through a variety of programmes in local green and blue spaces.



ABOUT OPEN MINDS ACTIVE

We are a Bristol based social enterprise. Our organisation was created to provide a solution to the mental health crisis we face as a society. Our purpose is to strengthen wellbeing within communities, widen access and create opportunities for excluded citizens by fostering a connection with each other in nature. View our 2025 impact report [here](#).



Our wild swimming for wellbeing programme is aimed at women with long term mental and/or physical health conditions. We are a part of a nationally recognised research programme with Portsmouth University and have over 4 years experience of running community programmes.

COLD WATER SWIMMING BENEFITS

Boosts mental health, wellbeing and social connections

There are so many benefits to swimming outside all year round, however many who live in very urban communities, rarely have the opportunity to access green spaces let alone wild swimming.

Short Film

This 2 minute film talks about the project, the participants and shows the lake where we swim

Case studies

You can read about what our participants have said about it on our social prescribing page on our website

WILD SWIMMING FOR WELLBEING

Our programmes are designed to support women who are struggling with a range of challenges including stress, anxiety, depression, chronic pain, long term health conditions, and social isolation.



REDUCED ANXIETY

86% of participants in our programmes said they felt happier after participating in the 6 week programme



Over **80% of our participants continue to swim** with the group after the 6 week course and often meet up with new friends they have made to swim at other times in the week.

LEARN TO SWIM FOR WOMEN

We appreciate that many women are not confident in water to swim outdoors. We offer a 6 week learn to swim to improve confidence and for those who cannot swim at all, we provide a beginner 6 week programme.

SAFE WOMEN ONLY SPACE

Female only swim teachers and lifeguards





SOUL TRAIL

ABOUT SOUL TRAIL

Soul Trail Wellbeing C.I.C is a non profit organisation offering nature trails and workshops to communities who need it the most.

We aim to:

- Lower stress & anxiety
- Aid relaxation
- Connect with nature & other people
- Improve confidence

OUR PROGRAMMES



Nature Trails

We offer a free 6 week mindful experience supporting people to feel more present, connected with nature, themselves and others and help improve mental health.



Mindful Trails

Soul Trail wellbeing offer walking groups to improve physical and emotional wellbeing. We incorporate the NHS 5 steps to Wellbeing.



Hiking Trails

We deliver monthly hikes in Spring/Summer/Autumn free to all in Bristol & Surrounding Areas.

ABOUT ACTIVEBEING



Actively improving mental and physical wellbeing of women.

ActiveBeing redefines well-being as actively engaging with your life—whether through physical movement or mindful practices like rest, creative expression, and setting healthy boundaries.

Our programmes **empower participants to connect, find balance, and nurture self-esteem**, all while embracing joy, freedom, and nature in **local green and blue spaces**.

WHO WE SUPPORT

Women who are in need of mental health and wellbeing services.

They may be women who;

- 🌳 Enjoy nature or want to get outdoors more
- 🚶♀️ Are willing to walk (any distance)
- 🔄 Are ready to make small changes / try new things
- 🗣️ Need time and space to be heard
- 🏠 Come from areas of deprivation
- ❤️ May have experienced trauma
- ⌚ Are on waiting lists for specialist therapies
- 🏥 Are already involved in secondary mental health services
- 🔄 Want to try an alternative therapeutic process
- 🤝 Need to become more socially or community engaged



OUR PROGRAMME

ActiveTalk

1:1 therapeutic walk and talk in local green spaces. Development of personal tools, simple CBT and nature connectedness. This programme has shown to improve mental wellbeing of clients.



PARTICIPANT FEEDBACK

"Open Minds Active have been so helpful with developing my confidence in open water swimming which has had a very positive impact on my overall wellbeing. The team are so knowledgeable, friendly and helpful and I've met some really lovely people too! It was exactly what I needed and I'm so grateful for the guidance I've received. Thank you very much, I would highly recommend to anyone."



"Since joining the group and swimming outdoors regularly I've gradually reduced the medication I take for my depression, my GP and my family are so proud of my progress, as am I."

"The breathing exercises have really helped. I feel less anxious now and I'm able to manage my panic attacks."

"Thank you for an amazing experience. It was all new to me and out of my comfort zone tbh. I had my ups and downs and at times I didn't know if I was going to have the courage to return, I was embarrassed and anxious. But something kept pulling me back each week. I felt determined to come back. It was probably down to the calming welcome week after week".



SOUL TRAIL

"It created a space to relax and calm down and work through feelings. I learnt to notice plants more and have confidence to engage with them"

"It's given me a new confidence in different ways. It's also got me back on track to include fitness in my week. It showed me how to be more compassionate to myself and be less judgmental in the moment"



"Charlie has been a great support throughout my recovery journey. She takes me out and about in nature and gets me out my own head and always listens without judgement. She asks me questions that helps me to think about things from another perspective. I think it's a wonderful scheme for people who struggle with their mental health. We all need someone like Charlie!"

"The sessions get me out of my flat and into greenery and nature. Helps me connect with the outside to see the benefits of nature, and how just by being present and listening to sounds of nature has a very calming and peaceful effect and I feel safe with nature"

MEDICAL CONDITIONS THE PROGRAMMES CAN SUPPORT

The social connection with each other and also with nature is as much a part of the success of this programme as the physiological changes that happen to the body when swimming outdoors.

However extensive research shows that regular immersion in cold water helps reduce inflammation in the body and can be beneficial for numerous mental and physical conditions. The list below is not exhaustive but outlines some key research and includes relevant links. We have a lot of anecdotal evidence from participants with the conditions listed below who have seen huge improvement.



Menopause and Perimenopause

The mental and physical reset that immersion in cold water provides, helps alleviate many of the symptoms associated with menopause. Plus we facilitate a safe, supportive space for women to share and decompress.



Anxiety and Depression

Research from the British Medical Journal evidences that regular immersion can help those dealing with anxiety and depression and can often lead to a reduction in medication.



Chronic Pain and Autoimmune conditions

Cold water reduces inflammation in the body and there is emerging research that evidences improvement in symptoms associated with Fibromyalgia, MS, Arthritis and chronic pain sufferers.



Stress reduction and improved wellbeing

Research evidences that spending just 2 hours a week outside in nature is proven to make us feel happier and improves our wellbeing.

HOW TO REFER

Who can refer?

We accept referrals from any state funded health care provider, social prescribing link work and GP's across Bristol. However please note **we do prioritise those from underserved communities and/or those from areas in Bristol and South Glos** where there are higher health inequalities.

We also accept referrals from our community partners.
All referrals are reviewed on a case-by-case basis.

The programmes:

Referrals open 25th March 2025 for the following:



Open Minds Active- Wild Swim for Wellbeing 2025 program dates:

Group 1 – 24/04 – 22/05 (5 weeks)

Group 2 – 12/06 – 17/07 (6 weeks)

Group 3 – 18/09 – 23/10 (6 weeks)



SOUL TRAIL

SoulTrail Wellbeing Sista Trails 6 sessions, Mindful Trails- 6 sessions x 2:

23rd April – 28th May (Sista Trails – 6 Sessions)

18th June – 23rd July (Mindful Trails – 6 Sessions)

17th September – 22nd October (Mindful Trails – 6 Sessions)



ActiveBeing: ActiveTalk 1.2.1 Walking sessions

Held at various times and dates – please enquire for further information.

All the organisations hold more activities, craft and nature based activities that you will have access to join.

How can to refer:

To make a referral please email use this [secure link](#)

Any questions please email: thenatureconsortia@outlook.com

The Nature Consortia

